



# MARCH 2026 NEWSLETTER

## Welcome to the Sumner Senior Center!

**Join the Fun and Stay Active  
at our Senior Center!**  
**Open to everyone aged 55 & older.**

**We offer a variety of activities**  
including Card Games, Educational Programs,  
Exercise Classes, Health Care Services,  
Musical Entertainment, and many more.

**Delicious lunches are prepared  
by Catholic Community Services,**  
served Monday - Friday @ 12:00pm.

Suggested Contribution  
**Seniors 60 & up: \$3.50**  
(Cost for all others is \$6)

### ~ March Highlights ~

- March 2<sup>nd</sup>**      **City Talk:** Chat with Mayor Bowman
- March 5<sup>th</sup>**      **Birthday Party and BP & Glucose Checks**  
Music: Jim Meck
- March 10<sup>th</sup>**     **Caregiving Support Group**  
"Caring for Resistive/Combative Loved Ones"  
*Guest Speaker: Jordan Drew*
- March 17<sup>th</sup>**     **St. Patrick's Day Party**  
Music: Patty & The Travelin' 4
- March 18<sup>th</sup>**     **Dick's Watch & Jewelry Sale**
- March 23<sup>rd</sup>**     **Movie Matinee:** "The Bucket List"
- March 30<sup>th</sup>**     **Workshop:**  
"How to Limit Household Expenses"  
*Matt Santelli, Pierce County Aging & Disability Resources*

### Contact Information

**Phone:** 253-863-2910

**Hours:** Monday-Friday:  
8:00am-4:30pm

**Address:**

15506 62nd St. Ct. E.  
Sumner, WA 98390

**Email:**

seniorcenter@sumnerwa.gov

**Staff**

Senior Center Coordinator  
**Susan K. Bryant**

Administrative Assistants  
**Linda Goodwin**  
**Karla Scott**

**SSC Volunteers**

Anita Austin  
Page & Paul Chapman  
Dee Fournier  
Judy & Rich Kimball  
Anne Lee  
Tina Linehan  
Christel Paul  
Patrick Rayment  
Phil Schneider  
David Shelvey

**Catholic Community Services**

Meal Site Cook  
**Peggy Huihui**

**CCS Volunteers**

Page & Paul Chapman  
Carol Davis  
Loretta Farnsworth  
Cathy Fonseca  
Vicki McGee  
Cathy McLaughlin  
Chiho & JR Pewitt  
Elaine Snellman  
Gaylyn Wilson



SUMNER SENIOR CENTER

# EDUCATIONAL, HEALTH & OTHER SERVICES

## AARP Smart Driver Course



Friday, March 27th  
8:30am—4:30pm

Refresh your driving skills & become a safer, more confident driver!

Cost: \$20 for AARP members  
\$25 for Non-AARP members

Register in Advance at the Front Desk

## Ask the Lawyer

Monday, March 2nd  
1:00pm—3:00pm

Sign up today for one of the four free 30-minute consultations.

Courtesy of  
David Shelvey, Attorney at Law

Register in Advance

## Blood Pressure & Glucose Checks



FREE!



Thursday, March 5th  
11:30am—Noon

Free Service provided by  
Linden Grove Health Care Center

## City Talk: Chat with the Mayor

Monday, March 2nd  
11:00am—11:45am

Come enjoy a cup of coffee and chat with Mayor Bowman about what's happening in our community.

Register in Advance

## Stay Hydrated For Better Health!

Bring a water bottle with you everywhere and make sure your name is on it!

(Don't forget it at the Senior Center!)



Staying hydrated  
is important as we age.



## Caregiving Support Group

Tuesday, March 10th  
10:00am—Noon

Speaker: Jordan Drew  
Caring for Resistant/Combative  
Loved Ones



## Haircuts By Becky

Thursday, March 5th  
10:00am—3:00pm

Please arrive with washed hair.  
Suggested Minimum is \$6 (Cut only)

Must call to schedule your appointment  
for APRIL starting MARCH 2nd

## Massage (Chair only)

Wednesday, March 4th  
Wednesday, March 18th  
10:00am—3:00pm

Cost: \$10 for 20 min.  
or \$15 for 30 min.

Register in Advance at the Front Desk

## Senior Footcare by April

Friday, March 13th  
9:00am—3:00pm



Cost: \$50 cash or check  
MUST bring a towel

To make all appointments call Tosha, with  
Senior Footcare at (253) 848-9625

## Tech Help

Thursday, March 12th  
10:30am—11:30am

Sign up today for help with your  
Smartphone, E-Reader, Tablet or Computer

Presented by Patrick Rayment,  
Bonney Lake Pierce County Library

Register in Advance

## Watch & Jewelry Sales & Battery Replacement

Wednesday, March 18th  
(Once a month)  
10:00am—Noon

For a watch battery replacement,

Drop-off at the center with \$5  
Monday-Friday from 8am - 4pm

## Workshop

Brain Power: Renewing Your Mind

Monday, March 9th  
10:30am—Noon

Presented by Traci Woodcock,  
Nutritional Therapist/HHC, *Renewable Health*

Register in Advance

## Workshop

Moving and Downsizing With Ease

Monday, March 23rd  
11:00am—Noon

Presented by Carrie & Alan Dueck,  
*Caring Transitions*

Register in Advance



## Workshop

How to Limit Household Expenses

Monday, March 30th  
11:00am—Noon

Presented by Matt Santelli, Pierce County  
Aging and Disability Resources

Register in Advance

# EVENTS AND MUSIC



## March Birthday Party

Everyone is welcome to join us in celebrating our members' birthdays this month.

If you have a birthday this month, you may enter a free drawing to win a special gift basket!

Blood Pressure & Glucose Checks also available.

*Music by:*

## Jim Meck

*Thank you* to Linden Grove Health Care Center for the gift basket, blood pressure & glucose checks, to Connor Shoemaker of Keller Williams Realty for the Balloons, and the City of Sumner for the birthday cakes!

**Date: Thursday, March 5th**

**Time: 11:30am—12:30pm**

**\*Must Make Lunch Reservations by February 25th\***

## St. Patrick's Day Party

Join us on St. Patrick's Day for lunch & music!

# Patty & the Travelin' Band



**Date: Tuesday, March 17th**

**Time: 11:30am—12:30pm**



**\*Must Make Lunch Reservations by March 9th\***



# ACTIVITY CALENDAR – MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>11:00 City Talk: Mayor Bowman</p> <p>12:00 Lunch</p> <p>1:00 Ask the Lawyer</p> <p>1:30 Bunco</p> <p>2:00 Stretch Class</p>	<p><b>3</b></p> <p>10:30 Karaoke</p> <p>12:00 Lunch</p> <p>12:00 Open Paint</p> <p>12:15 Pinochle</p> <p>1:30 Chair Yoga</p>	<p><b>4</b></p> <p>9:00 S.A.I.L. Exercise</p> <p>10:00 Massage (Chair)</p> <p>10:30 Hand &amp; Foot Cards</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>2:00 Line Dancing Class</p>	<p><b>5</b></p> <p><b>Birthday Party</b></p> <p><u>Reserve Lunch by Feb 25</u></p> <p>10:00 Haircuts by Becky</p> <p>11:30 Music by <b>Jim Meck</b> </p> <p>11:30 BP &amp; Glucose Checks</p> <p>12:00 Lunch</p> <p>12:30 Knit &amp; Crochet</p> <p><b>CANCELED: Tai Chi</b></p> <p><b>Mexican Train Dominoes</b></p> <p><b>Chair Yoga</b></p>	<p><b>6</b></p> <p>9:00 S.A.I.L. Exercise</p> <p>10:30 Canasta</p> <p>10:30 Card Making Class</p> <p>12:00 Lunch</p> <p>1:30 BINGO</p>
<p><b>9</b></p> <p>10:30 Workshop - Brain Power: Renewing Your Mind</p> <p>12:00 Lunch</p> <p>12:30 Bunco</p> <p>1:00 Book Club</p> <p>2:00 Stretch Class</p>	<p><b>10</b></p> <p>10:00 Caregiving Support Group Topic: Caring for Resistive/Combative Loved Ones</p> <p>12:00 Lunch</p> <p>12:00 Open Paint</p> <p>12:15 Pinochle Tournament</p> <p>1:30 Chair Yoga</p>	<p><b>11</b></p> <p>9:00 S.A.I.L. Exercise</p> <p>10:30 Hand &amp; Foot Cards</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>2:00 Line Dancing Class</p>	<p><b>12</b></p> <p>8:30 Tai Chi</p> <p>10:30 Tech Help</p> <p>12:00 Lunch</p> <p>12:30 Knit and Crochet</p> <p>1:30 Chair Yoga</p>	<p><b>13</b></p> <p>9:00 S.A.I.L. Exercise</p> <p>9:00 Senior Footcare with April</p> <p>10:30 Canasta</p> <p>12:00 Lunch</p> <p>1:30 BINGO</p>
<p><b>16</b></p> <p>12:00 Lunch</p> <p>1:30 Bunco</p> <p>2:00 Stretch Class</p>	<p><b>17</b></p> <p><b>St. Patrick's Day Party</b> </p> <p><u>Reserve Lunch by Mar. 9</u></p> <p>11:30 Music by <b>Patty &amp; the Travelin' Band</b></p> <p>12:00 Lunch</p> <p>12:15 Pinochle</p> <p><b>CANCELED: Open Paint &amp; Chair Yoga</b></p> <p><b>RESCHEDULED: *Karaoke</b></p>	<p><b>18</b></p> <p>9:00 S.A.I.L. Exercise</p> <p>10:00 Massage (Chair)</p> <p>10:00 Watch &amp; Jewelry Sale</p> <p>10:30 Hand &amp; Foot Cards</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>2:00 Line Dancing Class</p>	<p><b>19</b></p> <p>8:30 Tai Chi</p> <p>9:00 Cricut Crafting</p> <p>12:00 Lunch</p> <p>12:30 Knit and Crochet</p> <p>1:00 Mexican Train Dominoes</p> <p>1:30 Chair Yoga</p>	<p><b>20</b></p> <p>9:00 S.A.I.L. Exercise</p> <p>10:30 Canasta</p> <p>12:00 Lunch</p> <p>1:30 BINGO</p>
<p><b>23</b></p> <p>11:00 Workshop: Moving &amp; Downsizing With Ease</p> <p>12:00 Lunch</p> <p>1:30 Movie: "The Bucket List"</p> <p><b>No Stretch Class On 4th Monday</b></p>	<p><b>24</b></p> <p>10:30 Karaoke*</p> <p>12:00 Lunch</p> <p>12:00 Open Paint</p> <p>12:15 Pinochle</p> <p>1:30 Chair Yoga</p>	<p><b>25</b></p> <p>9:00 S.A.I.L. Exercise</p> <p>10:30 Hand &amp; Foot Cards</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>2:00 Line Dancing Class</p>	<p><b>26</b></p> <p>8:30 Tai Chi</p> <p>12:00 Lunch</p> <p>12:30 Knit and Crochet</p> <p>1:30 Chair Yoga</p>	<p><b>27</b></p> <p>8:30 AARP Smart Driver</p> <p>9:00 S.A.I.L. Exercise</p> <p>10:30 Canasta</p> <p>12:00 Lunch</p> <p>1:30 BINGO</p>
<p><b>30</b></p> <p>11:00 Workshop: How to Limit Household Expenses</p> <p>12:00 Lunch</p> <p>2:00 Stretch Class</p>	<p><b>31</b></p> <p>12:00 Lunch</p> <p>12:00 Open Paint</p> <p>12:15 Pinochle</p> <p>1:30 Chair Yoga</p>	<p><b>Reservations Required for Lunch on Music Days:</b></p> <p><b>Thursday, March 5<sup>th</sup></b></p> <p><b>Tuesday, March 17<sup>th</sup></b></p> <p><b>Call to Reserve Lunch <u>EARLY!</u> We fill up quickly.</b></p> <p>Check newsletter for <u>Reservation Deadlines</u> and for music times.</p>		<p>View our full newsletter online at the City of Sumner website:</p> <p><a href="https://sumnerwa.gov/senior-center/">https://sumnerwa.gov/senior-center/</a></p> 

Sumner Senior Center ~ 15506 62nd St. Ct. E. Sumner, WA 98390 ~ Hours: 8:00am to 4:30pm ~ 253-863-2910

This calendar is subject to change. Please call to confirm your activity.



# LUNCH MENU - MARCH 2026

SUMNER SENIOR CENTER ~ 253-863-2910

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Swiss Cheese Burger</b> Lettuce and Tomatoes Wedge Fries Mixed Berries</p>	<p>3</p> <p><b>Pineapple Pork</b> Red Potato Coleslaw Fruit Salad</p>	<p>4</p> <p><b>Italian Wedding Soup</b> Blue Cheese Salad Apple Wheat Roll</p>	<p>5</p> <p><b>Birthday Party</b> <b>CALL TO RESERVE LUNCH BY FEBRUARY 25th</b> <b>Beef Shephard's Pie</b> Lettuce, Tomato Carrot Salad Fig Newton</p>	<p>6</p> <p><b>Chicken Fajita</b> with Bell Peppers and Zucchini Rice Salsa &amp; Sour Cream Tropical Fruit</p>
<p>9</p> <p><b>Salisbury Steak</b> with Gravy Mashed Potatoes Sautéed Spinach Fig Newton</p>	<p>10</p> <p><b>Chicken Tortilla Soup</b> Tortilla Chips Sour Cream and Cheese Mango Oatmeal Cookie</p>	<p>11</p> <p><b>Chicken Salad Sandwich</b> Strawberry Spinach Salad Mixed Berries Whipped Cream</p>	<p>12</p> <p><b>Fruit Turnover</b> Potatoes with Onions and Peppers Sausage Patties Melon</p>	<p>13</p> <p><b>Sloppy Joe Sandwich</b> Tomato, Cucumber Feta &amp; Onion Salad Yogurt Strawberries</p>
<p>16</p> <p><b>Omelet</b> Sausage Patty Hashbrowns Honey Dew Melon</p>	<p> <b>St. Patrick's Day Party</b> <b>CALL TO RESERVE LUNCH BY MARCH 9th</b> <b>Irish Stew</b> Beef &amp; Cabbage Potatoes &amp; Carrots Biscuits Apples &amp; Cinnamon</p>	<p>18</p> <p><b>Fish Taco</b> Rice and Beans Berries and Whipped Cream</p>	<p>19</p> <p><b>Honey Dijon Chicken</b> Potatoes Beets Mandarin Oranges</p>	<p>20</p> <p><b>Chef's Salad</b> with Turkey, Ham Cheese &amp; Egg Breadsticks Pineapple</p>
<p><b>Movie Day</b> 23</p> <p><b>Sweet &amp; Sour Pork</b> Vegetables Rice Fortune Cookie Ice Cream</p>	<p>24</p> <p><b>Beef Chili Con Carne</b> Sautéed Carrots Spinach Cornbread Pears</p>	<p>25</p> <p><b>Oven Fried Chicken</b> Broccoli Normandy Roasted Potatoes Wheat Rolls Orange</p>	<p>26</p> <p><b>Lime Fish</b> Zucchini Linguine Strawberry Rhubarb Compote</p>	<p>27</p> <p><b>Turkey a la King</b> with Biscuit Waldorf Salad Animal Cookies</p>
<p>30</p> <p><b>Vegetarian Lasagna</b> Green Beans Sautéed Cinnamon Apples</p>	<p>31</p> <p><b>Minestrone Soup</b> Baked Potato Mixed Berries Whipped Cream</p>	<p><b>MEALS</b> For Seniors 60 &amp; Up: <b>Suggested Contribution is \$3.50</b> <b>Cost for all others is \$6</b> Lunch is served at Noon <b>"Be in your seat ready to eat!"</b></p>		<p><b>*Reservations Required for Lunch on:</b> <b>March 5<sup>th</sup> and 17<sup>th</sup></b> <b>*Check newsletter for more information</b></p>

**This Menu is subject to change.**

*Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.*

# PROGRAMS & ACTIVITIES

## BINGO

Fridays at 1:30pm

Cost: \$1 per card

Come have some fun and win prizes at BINGO!

## Book Club

Monday, March 9th

at 1:00pm

Hosted by Judy Kimball

*Register in Advance*

Check it Out!

## Bridge

Wednesdays at 12:30pm

Cost: \$1

Stop in and join in!



Need more players



## Bunco Mondays

March 2nd & 16th at 1:30pm

Cost: \$2

March 9th at 12:30pm

Cost: \$5

*Thank You to  
Concierge Care Advisors for treats.*

## Canasta

Fridays at 10:30am

Cost: \$2

A fun version of rummy that will definitely entertain you.

Join us for a fun game of Canasta.

## Card Making Class

Friday, March 6th

10:30-Noon

Cost: \$7

Come make 3 beautiful handmade cards.

*Bring a glue stick!*

*Register in Advance*

NEW

## Cricut Crafting

Thursday, March 19<sup>th</sup>

9:00am—Noon

Bring your Cricut Machine to learn & share with others!

Cost: Free - Bring your supplies  
Register in Advance (Limited to 10)



## Hand & Foot Cards

Wednesdays at 10:30am

Cost: \$2

This exciting card game is closely related to Canasta.

*Come check it out!*

Check it out!

## Karaoke

Tuesday, March 3rd & 24th\*

at 10:30am

**\*New Date this month**

Tune up your pipes and come show us what you've got!

## Knit & Crochet Group

Thursdays at 12:30pm

Bring your own project to work on and spend some time sharing ideas with other "Knit Wits".

## Mexican Train Dominoes

Thursday, March 19th

at 1:00pm

**Canceled March 5th**

A new twist on the classic game of dominoes.

Come and have fun with the group.

## Open Paint Group

Tuesdays at 12:00pm

**Canceled March 17th**

Bring your own materials and enjoy each other's creativity.

*Come & join our amazing painters.*

## Pinocle

Tuesdays at 12:15pm

2nd Tuesday is Tournament Day!

Cost: \$2 or \$3 for tourney

Join in and Play!

## Treasure Cove Store

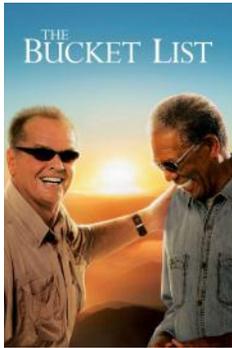
Drop in and browse through our "Treasure Cove" store of unique items, new and gently used.

*Thank you* to everyone who donates and purchases our items.

*We are grateful for your support!*

*Proceeds go to SSC programs.*

# MOVIE MATINEE



## The Bucket List

**Date: Monday, March 23rd**  
**Time: 1:30pm (1 hr. 37 mins)**

*Sponsored by Generations Home Care*

Join us for lunch first at Noon  
(Sweet & Sour Pork)  
& afterwards  
stay for the movie!

Corporate billionaire Edward Cole (Jack Nicholson) and working class mechanic Carter Chambers (Morgan Freeman) are worlds apart. At a crossroads in their lives, they share a hospital room and discover they have two things in common: a desire to spend the time they have left doing everything they ever wanted to do and an unrealized need to come to terms with who they are. Together they embark on the road trip of a lifetime, becoming friends along the way and learning to live life to the fullest, with insight and humor.



Get some popcorn, grab a seat, sit back and enjoy the show!



# EXERCISE

## Chair Yoga Class

**Tuesdays & Thursdays at 1:30pm**

**Canceled March 5th and 17th**

Come join us for stretching and balance exercises utilizing the stabilization of a chair. Modifications for all exercise levels available. No mats required.

**Cost: \$5.00**

**Instructor: Jessie Thompson**



**New Times!**

## Line Dancing Class

**Wednesdays at 2:00pm**

Drop in and join Cindy for some fun dancing with friends, old and new!

**Cost: FREE**

**Instructor: Cindy Adams**



## Exercise Room

Our exercise room is open

**ALL DAY**

and is **FREE!**



## S.A.I.L.

**Wednesdays & Fridays at 9:00am**

The fitness program focuses on exercises that improves strength, balance and flexibility. You'll feel great and reduce the risk of falling.

**Cost: \$3.00**

**Instructor: Gaylyn Wilson**



## Stretch Class

**Mondays at 2:00pm**

**No class on 4th Monday (March 23rd)**

This class combines stretching using balls, bands and weights.

**Cost: \$3.00**

**Instructor: Christel Paul.**



## Tai Chi

**Thursdays at 8:30am**

**Canceled March 5th**

Join us for an adapted Yang Style standing form for seated practice to meet the needs of individuals who have balance, mobility and chronic pain conditions.

**Cost: Free**

**Instructor: Phil Schneider**



# SENIOR CORNER

Look whose turning 90!

## Ms. Loretta Farnsworth



In 2013, Loretta came to the Sumner Senior Center to exercise... and ended up washing dishes - and she's been volunteering in the kitchen ever since! She is also one of our resident greeters and loves to visit with everyone and show what a wonderful place the center is.

Even before her time at the senior center, Loretta generously donated countless hours volunteering at Calvary Community Church, serving wherever she was needed. She currently serves in the preschool at Crossroads Church in Buckley.

Loretta was born and raised in Olympia, Washington, with her younger sister Dorothy, who passed away at age 65. For a time, she lived in Arcata, California, before returning to Washington and graduating from Clover Park High School.



Marrying at 18, Loretta had four daughters and one son with her first husband, Gary. They were married for 17 years. Later, she married Dick, and together they raised his one daughter and one son, blending their family into a lively household of seven children - 5 girls and 2 boys. They built a home on Lake Cushman before eventually moving to Sumner in 1997. Loretta and Dick were married for 37 years before he passed away.

Not long after Susan Bryant began working at SSC, she and Loretta discovered some fun, small world connections. Loretta's children attended the same high school as Susan. Loretta also knew Anthony Apeles, who runs the Sumner Food Bank. Her daughter, La, and Anthony were childhood friends. Adding to those neighborhood ties, Loretta's daughter Sharon and son-in-law owned Sunshine Bakery, located off 288<sup>th</sup> and Military in Federal Way. Susan & Anthony and a lot of locals knew about this bakery, and it was a place where Loretta helped by answering the phones.



Loretta was a devoted homemaker and held many jobs over the years. She worked at Sprouse-Reitz in Shelton and scooped ice cream at Fuddy Duddy's in Lake Cushman. She worked retail in various places and sold caramel apples at the Puyallup Fair. She was a "Food Sampler" at the Sumner Fred Meyer alongside fellow senior center members, Mary Siegenthaler and Delores Beasley. Years later, they all found each other again here at the center—truly a small-world story.

These days, you'll often find Loretta tending to her small garden, growing flowers and her delicious yellow tomatoes that she generously shares with others. She also enjoys knitting and crocheting. But every **Monday, Wednesday and Friday, she helps Peggy and the team in the kitchen!**

A fun memory of Loretta's at the center is our little French lady, "Yvette", who had to teach her the "proper" dishwasher procedures. Lol! Ginette, Yvette's daughter still plays Bunco here. Loretta's joy is all her children and grandchildren. She is deeply thankful for all of them. Though she has lived a full and meaningful life, she once dreamed of becoming a telephone operator or even joining the Air Force.

We are so blessed and grateful for Loretta and everything she has done at the center—answering phones, greeting guests, washing dishes, and making everyone feel welcome. Everywhere she goes, Loretta is Ms. Popularity. She truly never meets a stranger.

**Be sure to stop in and say hello to Ms. Loretta—or "Mama," as some call her! This is truly her Happy Place!**



Many thanks to  
*Dillanos,*  
who donate coffee  
to our senior center!



Visit their retail storefront at  
**1620 45th St. E.**  
**in Sumner**

Newsletter printed by



**253-531-6331**

**16214 57th Ave. E. #C**  
**Puyallup, WA 9837**